TITLE PAGE:

The Italians take their meal times very seriously. Meals aren't rushed here, and if you do rush it's seen as an insult to the chef, who wants you to stay as long as possible to enjoy the meal that he's put so much effort into. The meal consists of several courses with breaks in between to make it a drawn out, sociable affair.

BREAKFAST:

There is no set breakfast in Italy but unlike what we are used to, it is not an important meal. Usually adults grab a coffee and a pastry on their way to work.

LUNCH:

Typically, lunch starts with appetizers, followed by a first dish which is normally pasta, and a second dish which is normally a meat dish. The meat dish is Osso Busco which is made from veal shanks. Each dish is accompanied by bread and veggies. Lunch is usually from 12:30-2:30.

DINNER:

There are three courses during dinner time. The first course usually consist of a type of pasta, salad or soup. Also with the first course there will be bread on the table to pick at. The second course is their main dish, consisting of fish or meat and various vegetables. The third course is the desert course which is usually followed by coffee.

Snack:

Just a common snack in Italy is cannoli’s, and pizza. There are obviously many more snacks that could be eaten but those two were the most common.